

A genital yeast infection is caused by a fungus called candida. Although more common in women, men can get yeast infections.

# Genital Yeast Infection

## How is it spread?

A yeast infection is not a sexually transmitted disease. Men can get a genital yeast infection from unprotected sex with a partner who has a yeast infection. It is easier to get a yeast infection if:

- ▶ You use antibiotics.
- ▶ You have diabetes.
- ▶ Your immune system is weak.

## What are signs of yeast infection?

- ▶ Redness, itching or burning at the tip of the penis.

## How do you know if you have it?

Your health care provider (HCP) can examine you. S/he will look for signs of infection and may collect samples for lab tests.



### How is it treated?

Yeast infections in men are treated with over-the-counter antifungals. See your HCP if signs don't go away or they reoccur.

### What can happen if you don't get treated?

Signs of infection may get worse. It can lead to balanitis — inflammation of the head of the penis.

### How can you avoid a yeast infection?

Refrain from sexual contact until all signs of the infection are gone. Ask your sex partner(s) to see an HCP for an exam.

#### Learn more:

##### *The Mayo Clinic:*

*Male Yeast Infections: Can I get it from my girlfriend?*

*<http://www.mayoclinic.org/male-yeast-infection/expert-answers/faq-20058464?FLUSHCACHE=0>*

##### *National Institutes of Health:*

*Yeasts and Circumcision in the Male*

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1045367/>*